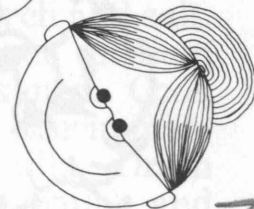
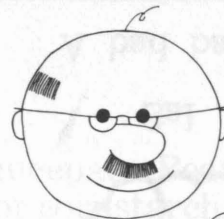


Seniors Think About...

FOOD SAFETY

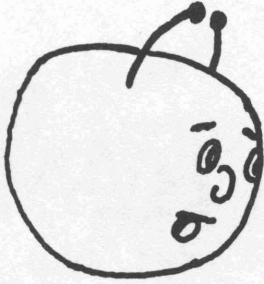


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PREVENT FOOD POISONING

Know the Good Guys From the Bad Guys . . .



Charlie . . .

A good bacteria



Staph . . .

A bad bacteria



Sal . . .

A bad bacteria

Charlie says -- "Be smart. Control the bad guys to keep foods safe to eat by doing the following:"

- Don't leave groceries in a warm car while you do other shopping.
- Keep hot foods HOT (above 140° F.) and cold foods COLD (below 40° F.) to keep bacteria like "Sal" and "Staph" from growing.
- Don't let cooked food stand at room temperature for more than 2 or 3 hours.
- Wash your hands before you handle food.
- Clean the place where you have had raw meat or poultry before other foods are put there.
- Scrub cutting boards with soap and hot water, rinsing thoroughly, and then apply chlorine bleach as directed on the label.
- Keep cream, custard, meringue pies and other foods with custard fillings in the refrigerator. It is dangerous to let foods of this kind stand at room temperature.
- Cook turkey completely (internal temperature of 185° F.). Never partially cook it and finish later.
- Cook stuffing thoroughly.
- Thaw poultry in the refrigerator.

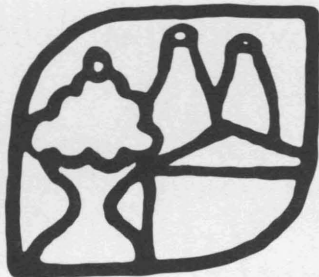
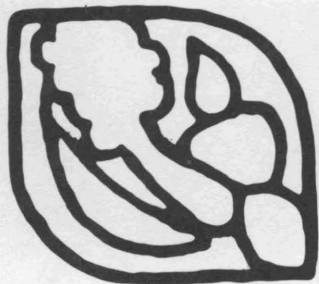
FRUIT PUDDING

- 1 egg
- $\frac{1}{4}$ cup sugar
- 3 tablespoons flour or
cornstarch
- $\frac{1}{2}$ teaspoon salt
- 2 cups milk
- 1 tablespoon margarine or
butter
- 1 teaspoon vanilla
- 2 cups canned fruit cocktail,
drained, or other fruit

Break egg in saucepan. Beat and stir in sugar, flour or cornstarch and salt. Stir in milk and cook over medium heat, stirring until thickened. Cook and stir 1 minute longer. Stir in margarine or butter and vanilla. Drain fruit cocktail (or other fruit) and measure fruit. Add fruit and pour into bowl. Cover and keep cold in the refrigerator.

Makes 6 servings, about $\frac{1}{2}$ cup each.

TRY FRUIT PUDDING AND CHEESE TOAST FOR BREAKFAST.
YOU'LL LIKE IT!



Prepared by Frances L. Reasonover
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The Texas A&M University System

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